

Program Brings Employee Health Up-to-Date

Initiative in Brief

Like employees at most worksites, Batson Printing employees knew what it meant to be healthy, but did not always follow the steps to keep themselves healthy. This was evident by the health risk appraisal results, for example almost half of the employees reported that they did not know when they received their last tetanus shot. Providing the immunization was just one of the activities that the wellness committee planned to address the needs of the employees, while making sure there was time for fun and rewards.

A health screening was offered in conjunction with the tetanus shot clinic. Since the employees had been fasting in order to have blood tests, they were a little hungry. The committee organized a breakfast station, so employees could get juice, muffins, and fruit after their screening. Employees were also rewarded with a Batson t-shirt to show that they were part of a team and to thank them for their participation. The screening detected high blood pressure and high cholesterol levels in a couple of the employees. "They [the employees] followed through, and took steps and went to their doctors who are monitoring newly prescribed meds," said the owner, Sue Batson.

The committee plans to offer smoking cessation classes and back safety seminars, two areas that the survey results showed that employees needed. "There are a lot of smokers here at Batson Printing, and just the thought that we are going to have classes or seminars is making them more aware of the consequences of smoking," said Batson. Initiatives to address the needs of employees will help bring them up-to-date on their health!

Contact Info: Sue Batson
Title: Owner
Company: Batson Printing
Phone: 269-926-6011
Email: wbatson518@aol.com

Benefits

Noted benefits of the program are:

- Met needs identified by the employees. Many employees did not know when they last had a tetanus shot; now they are protected for another 10 years.
- Detected risks in some employees who are now taking medicine to control their conditions.
- Provided an opportunity for employees to become more educated about their health and have a preventive health screening.

"The employees were so positive and interested in their health; they really participated. We're a small business, so they appreciated the fact that we gave them the opportunity."

Sue Batson
Owner
Batson Printing

Lessons Learned

- Computer literacy of employees needs to be considered before requiring online completion of surveys and assessments.
- Forming a committee with members that represent all areas of the business is important.
- Incentives show the employees that their participation is appreciated and important.

Cost: Cost of screening & tetanus shots, refreshments and T-shirts
Risk Factor: High blood pressure, diabetes, high cholesterol and tetanus
Impact/Reach: 35
Business/Sector: Printing/Production